

MARCH 2017

REGENCY REFLECTIONS EVENTS

Regency Retirement Village of Birmingham

285 West Oxmoor Road | Birmingham, AL 35209 | (205) 942-3355



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center">~ An Old Irish Blessing ~</p> <p>May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, May God hold you in the palm of His hand.</p> <p>Never iron a four leaf clover. You don't want to press your luck.</p> <p>Try to say, "Irish wristwatch" five times.</p>		<p>1</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Super Smells 1:00 "I Remember When" stories 2:15 - 3:30 Quiet Time 4:00 Name That Capital 6:00 Evening Stretching</p>	<p>2</p> <p>BEAUTY SALON OPEN</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Sorting 2:15 - 3:30 Quiet Time 4:00 Arts and Crafts 6:00 Evening Stretching</p>	<p>3</p> <p>9:00 Orientation to the Day 10:00 Music Therapy with Ian 10:30 Exercise 11:00 Courtyard Safari 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching</p>	<p>4</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Trivia 1:00 Brain Teasers 2:15 - 3:30 Quiet Time 4:00 Pet Therapy 6:00 Evening Stretching</p>
<p>5</p> <p>9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation</p>	<p>6</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Sing-A-Long 1:00 March Birthdays Celebration 2:00 Bham Mounted Patrol 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching</p>	<p>7</p> <p>9:00 Orientation to the Day 9:30 Tai Chi 11:00 Bible Trivia 1:00 Name that Music 2:15 - 3:30 Quiet Time 4:00 Sing-A-Long 6:00 Evening Stretching</p>	<p>8</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Cup Stacking Game 1:00 Conversation Boxes 2:15 - 3:30 Quiet Time 4:00 Music with the Dempseys 6:00 Evening Stretching</p>	<p>9</p> <p>BEAUTY SALON OPEN</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Start Remember I Am Still Me Album 2:15 - 3:30 Quiet Time 4:00 Hangman</p>	<p>10</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Courtyard Safari 1:00 The Olympics Mystery Trip 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching</p>	<p>11</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Arts and Crafts 1:00 Brain Teasers 2:15 - 3:30 Quiet Time 4:00 Ring Toss 6:00 Evening Stretching</p>
<p>12</p> <p>DAYLIGHT SAVING TIME BEGINS (Spring FORWARD 1 hour)</p> <p>9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation</p>	<p>13</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Arts and Crafts 1:00 Sensory Stimulation Sound 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching</p>	<p>14</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 National Potato Chip Day Board Games 6:00 Evening Stretching</p>	<p>15</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 "I Remember When" stories 1:00 Bean Bag Toss 2:15 - 3:30 Quiet Time 4:00 Sensory Ball Toss 6:00 Evening Stretching</p>	<p>16</p> <p>BEAUTY SALON OPEN</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Ring Toss 2:15 - 3:30 Quiet Time 4:00 Memory Bag 6:00 Evening Stretching</p>	<p>17</p> <p>HAPPY ST. PATRICK'S DAY</p> <p>9:00 Orientation to the Day 10:00 Music Therapy with Ian 10:30 Exercise 11:00 Courtyard Safari 1:00 The Olympics 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching</p>	<p>18</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Board Games 1:00 Puzzles 2:15 - 3:30 Quiet Time 4:00 Feel Good Music 6:00 Evening Stretching</p> <p align="right">Happy Birthday Sara Laughlin</p>
<p>19</p> <p>9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Hymn Sing-A-Long with Chaplain Leigh Ann Min 6:00 Soft Music & Relaxation</p>	<p>20</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Chair Bowling 1:00 Sensory Stimulation Smell 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching</p>	<p>21</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching</p>	<p>22</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 "I Remember When" stories 1:00 Cup Stacking Game 2:15 - 3:30 Quiet Time 4:00 Conversation Boxes 6:00 Evening Stretching</p>	<p>23</p> <p>BEAUTY SALON OPEN</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Brain Teasers 2:15 - 3:30 Quiet Time 4:00 Sensory Stimulation Taste 6:00 Evening Stretching</p> <p>Happy Birthday Mary Jo Watkins</p>	<p>24</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Courtyard Safari 1:00 Ice Cream Social 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching</p>	<p>25</p> <p>9:00 Orientation to the Day 10:30 Exercise 10:45 Pet Therapy (Hand in Paw) 11:00 Sensory Ball Toss 1:00 Cake Walk 2:15 - 3:30 Quiet Time 4:00 Chair Bowling 6:00 Evening Stretching</p>
<p>26</p> <p>9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation</p>	<p>27</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Ring Toss 1:00 Sensory Stimulation Sight 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching</p>	<p>28</p> <p>9:00 Orientation to the Day 10:00 Balance & Core Exercise 11:00 Bible Trivia 1:00 Start Remember I Am Still Me Album 2:15 - 3:30 Quiet Time 4:00 Chess/Checkers/Tic-Tac-Toe 6:00 Evening Stretching</p>	<p>29</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Super Smells 1:00 "I Remember When" stories 2:15 - 3:30 Quiet Time 4:00 Name That Capital 6:00 Evening Stretching</p>	<p>30</p> <p>BEAUTY SALON OPEN</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Sorting 2:15 - 3:30 Quiet Time 4:00 Arts and Crafts 6:00 Evening Stretching</p>	<p>31</p> <p>9:00 Orientation to the Day 10:30 Exercise 11:00 Courtyard Safari 1:00 Mystery Trip 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching</p>	